

Muscles Intro Notes

Body Movements Review:

Flexion:

Extension:

Rotation:

Abduction:

Adduction:

Dorsiflexion:

Plantar Flexion:

*** MUSCLES CAN ONLY PULL ***

Muscles Basic Terminology:

Origin:

Insertion:

*** When a muscle contracts (_____) the insertion moves towards the origin

Prime mover:

Synergist:

Fixator:

Antagonist:

Label the following in a photo using our stickers:

Muscles in the head: frontalis, temporalis, occipitalis, orbicularis oculi, zygomaticus, buccinator, orbicularis oris, platysma, sternocleidomastoid, masseter

Muscles in the anterior trunk: pectoralis major, deltoid, rectus abdominus, external oblique, internal oblique, transversus abdominus

Muscles in the posterior trunk: trapezius, latissimus dorsi

Muscles in the upper arm: biceps brachii, triceps brachii

Muscles in the upper leg: gluteus maximus, quadriceps, sartorius, hamstrings

Muscles in the lower leg: tibialis anterior, gastrocnemius, soleus